

Trinity Sunday

26 May, 2024



St. Helen's
Anglican Church of Canada
Diocese of New Westminster

The Reverend Mark Munn

GATHERING IN GOD'S NAME

OPENING HYMN Holy God, We Praise Your Name

CP 334

GREETING

The Lord be with you.

And also with you.

PRAYER OF PREPARATION

Almighty God,

to whom all hearts are open all desires known,

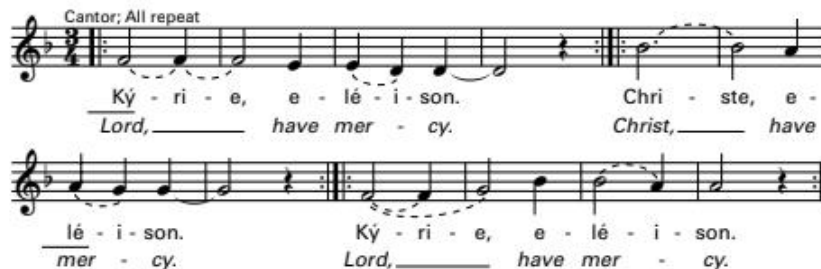
and from whom no secrets are hidden:

cleanse the thoughts of our hearts by the inspiration of your Holy Spirit,

that we may perfectly love you, and worthily magnify your holy name,

through Christ our Lord. Amen.

Kyrie Eleison



Cantor; All repeat

Ký - ri - e, e - lé - i - son. Chri - ste, e -
Lord, _____ have mer - cy. Christ, _____ have

lé - i - son. Ký - ri - e, e - lé - i - son.
mer - cy. Lord, _____ have mer - cy.

The image shows two staves of musical notation in 3/4 time. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a 3/4 time signature. It contains a repeat sign followed by a melodic line for the lyrics 'Ký - ri - e, e - lé - i - son.' and 'Chri - ste, e -'. The second staff continues the melody with 'lé - i - son. Ký - ri - e, e - lé - i - son.' and 'mer - cy. Lord, _____ have mer - cy.'. Dashed lines indicate breath marks or phrasing. The lyrics are written below the notes, with some words underlined.

CONFESSION

Dear friends in Christ,
as we prepare to worship God,
let us confess our sins,
confident in God's forgiveness

Most merciful God,

**we confess that we have sinned against you in thought, word, and deed,
by what we have done, and by what we have left undone.**

We have not loved you with our whole heart;

**we have not loved our neighbours as ourselves.
 We are truly sorry and we humbly repent.
 For the sake of your Son Jesus Christ,
 have mercy on us and forgive us,
 that we may delight in your will,
 and walk in your ways, to the glory of your name. Amen.**

THE ABSOLUTION

Almighty God have mercy upon you,
 Pardon and deliver you from all your sins,
 Confirm and strengthen you in all goodness,
 and keep you in eternal life,
 through Jesus Christ our Lord.
Amen

THE HYMN OF PRAISE

Glo-ry to God in the high - est, and on earth peace to peo-ple
 of good will. We praise you, we bless you, we a -
 dore you, we glo-ri-fy you, we give you
 thanks for your great glo - ry, Lord God, heav-en - ly
 King, O God, al-might-y Fa - ther.
 Lord Je - sus Christ, On - ly Be - got - ten Son, Lord God,
 Lamb of God, Son of the Fa - ther, you take a -

way the sins of the world, have mer - cy on us; you take a -
 way the sins of the world, re - ceive our prayer; you are seat - ed
 at the right hand of the Fa - ther, have mer -
 cy, have mer - cy on us. For you a - lone are the
 Ho - ly One, you a - lone are the Lord, you a - lone are the
 Most High, Je - sus Christ, with the Ho - ly Spir - it,
 in the glo - ry of God the Fa - ther. A - men, a - men.

COLLECT OF THE DAY

Father, we praise you:
 through your Word and Holy Spirit you created all things.
 You reveal your salvation in all the world
 by sending to us Jesus Christ, the Word made flesh.
 Through your Holy Spirit
 you give us a share in your life and love.
 Fill us with the vision of your glory,
 that we may always serve and praise you,
 Father, Son, and Holy Spirit,
 one God, for ever and ever. **Amen.**

THE LITURGY OF THE WORD FIRST READING ISAIAH 6:1-8

Liz Hodgson

A reading from the book of Isaiah

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory." The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: "Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!" Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: "Now that this has touched your lips, your guilt has departed and your sin is blotted out." Then I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!"

Hear what the Spirit is saying to the church.

Thanks be to God.

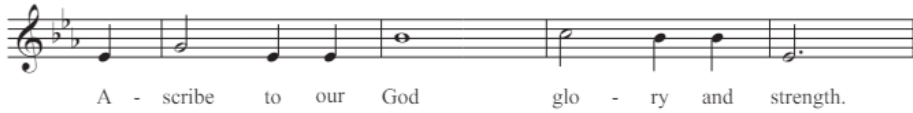
PSALM 29



Ascribe to the Holy One, you gods:
ascribe to the Holy One glory and strength.
Ascribe to God all glory, bless God's name;
worship God in the beauty of holiness. **R.**

The voice of the Holy One is upon the waters;
the God of glory thunders;
God is upon the mighty waters.
The voice of God is a powerful voice;
the voice of God is a voice of splendour. **R.**

The voice of the Holy One breaks the cedar trees;
God breaks the cedars of Lebanon.
God makes Lebanon skip like a calf,
and Mount Hermon like a young wild ox. **R.**



The voice of the Holy One splits the flames of fire;
the voice of God shakes the wilderness;
God shakes the wilderness of Kadesh.
The voice of the Holy One makes the oak trees writhe and strips the forests bare.
And in the temple of the Holy One all are crying, "Glory!" **R.**

God sits enthroned above the flood;
the Holy One sits enthroned, reigning for evermore.
The Holy One shall give strength to all people;
God shall give the people the blessing of peace. **R.**

SECOND READING ROMANS 8:12-17

Matt Powell

A reading from the letter of Paul to the Romans

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh - for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ - if, in fact, we suffer with him so that we may also be glorified with him.

Hear what the Spirit is saying to the church.

Thanks be to God.

GOSPEL ACCLAMATION



The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ according to John.

Glory to you, Lord Jesus Christ.

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL ACCLAMATION



AFFIRMATION OF FAITH

Brothers, sisters, and sacred siblings, I ask you to profess the faith of the Church, as we say the Nicene Creed responsively:

We believe in one God,
the Father, the Almighty,
**maker of heaven and earth,
of all that is,
seen and unseen.**

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
**God from God, Light from Light,
true God from true God,**
begotten, not made,
of one Being with the Father.

Through him all things were made.

For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary,
and was made human.

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

On the third day he rose again
in accordance with the Scriptures;

**he ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son.

With the Father and the Son she is worshipped and glorified.

We believe in one holy, catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

**We look for the resurrection of the dead,
and the life of the world to come. Amen.**

THE PRAYERS OF THE PEOPLE

Hepsi Chand

A LITURGY OF INCLUSION: WELCOMING DEACON JEFFREY

Dear friends,
in the mission of Jesus Christ
we are constantly brought together and sent out.

**We are gathered by God's word and table,
and we are sent out to do God's work
of healing, justice, and peace.**

Today that rhythm unfolds in our midst:
Jeffrey has been called to be a deacon in our midst.
Ordained, licensed, and appointed by the bishop,
Jeffrey will be based at St. Helen's and serving around the diocese at the bishop's
pleasure.

We are one body with one mission,
united in both call and prayer.
Come Holy Spirit, be present amongst us.

PRESENTATION OF THE CHURCH KEYS

Warden: In the book of Revelation, Jesus speaks to the church in Philadelphia,
saying: "Listen! I am standing at the door, knocking;
if you hear my voice and open the door, I will come in and eat with you,
and you with me." (Revelation 3:20).

**We, the people of St. Helen's, open our doors to you, Deacon Jeffrey,
as a sign of our welcome and fellowship.**

May these keys represent your place within our community,
your role in guiding and serving us.

May we together open hearts and doors to the love of Christ.

PRESENTATION OF THE COMMUNION KIT

Rector: Let us remember the words of Jesus in the Gospel of John:

"Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father."
(John 14:12).

In this spirit, we present this communion set,
a symbol of your ministry in carrying the presence of Christ
beyond these walls and into the world.

May you faithfully share the bread of life wherever you are called to serve.

Deacon: O God, with a grateful heart,
I receive your call and this appointment.
I stand before you and these your pilgrims,
ready to serve in the name of Christ.
Guide my steps as I proclaim your word,
bringing comfort to the afflicted,
hope to the lost, and the message of salvation to all.

Empower me with your Holy Spirit,
that I may faithfully fulfill the duties of a Deacon,
bringing glory to your name, serving as a vessel of your love,
and encouraging the faithful to live out their baptismal covenant.
Through Jesus Christ, our Lord, Amen.

Presider: Let us pray:

We bless you, O God, and we praise your name,
you anointed your own Son with the Holy Spirit
to preach good news to the poor,
to heal the broken-hearted,
and to comfort the sorrowful.
Look kindly on your servant.
Guide his steps, and with the power of your grace
strengthen him in spirit.
Make his words and actions the echo of Christ,

so those who hear and see him
may be drawn to his Gospel.
Through him may your Holy Spirit
touch the hearts of all he meets.
We ask this through Christ our Lord,
who lives and reigns with you and the same Holy Spirit,
one God, now and for ever. **Amen.**

Please stand as you are able.

THE PEACE

The peace of the Lord be always with you.

And also with you.

The people greet one another with signs of God's peace.

THE OFFERTORY

As the altar is prepared for Holy Communion, the congregation is invited to make an offering as an expression of gratitude for God's generosity. A QR code is provided at the back of the leaflet for those who prefer to donate online. During the collection, a hymn is sung.

OFFERTORY HYMN The Living God Be Praised

CP 348

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

God of glory,
accept all we offer you this day,
and bring us to that eternal city of love and light,
where Christ is King.
We ask this in his name.

THE GREAT THANKSGIVING

The Lord be with you.
And also with you.
Lift up your hearts.
We lift them to the Lord.
Let us give thanks to the Lord our God.

It is right to give our thanks and praise.
It is right to give you thanks and praise, O Lord, our God,
sustainer of the universe, you are worthy of glory and praise.
Glory to you for ever and ever.

At your command all things came to be:
the vast expanse of interstellar space, galaxies, suns,
the planets in their courses, and this fragile earth, our island home;
by your will they were created and have their being.

From the primal elements you brought forth the human race,
and blessed us with memory, reason, and skill;
you made us the stewards of creation.

But we turn against you, and betray your trust;
and we turn against one another. Again and again you call us to return.
Through the prophets and sages you reveal your righteous law.
In the fullness of time you sent your Son, born of a woman, to be our Saviour.
He was wounded for our transgressions, and bruised for our iniquities.
By his death he opened to us the way of freedom and peace.

Therefore we praise you, joining with the heavenly chorus,
with prophets, apostles, and martyrs,
and with those in every generation who have looked to you in hope,
to proclaim with them your glory, in their unending hymn:



Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and
earth are full of your glo - ry. Ho-san-na in the high - est.
Bless-ed is the one who comes in the name of the Lord. Ho-
san-na in the high-est. Ho-san-na in the high - est.

Blessed are you, Lord our God, for sending us Jesus, the Christ,
who on the night he was handed over to suffering and death,
took bread, said the blessing, broke the bread, gave it to his friends,
and said, "Take this, and eat it: this is my body which is given for you.
Do this for the remembrance of me."

In the same way, after supper, he took the cup of wine;
he gave you thanks, and said, "Drink this, all of you:
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Whenever you drink it, do this for the remembrance of me."

Gracious God, we recall the death of your Son Jesus Christ,
we proclaim his resurrection and ascension,
and we look with expectation for his coming as Lord of all the nations.
We who have been redeemed by him,
and made a new people by water and the Spirit, now bring you these gifts.
Send your Holy Spirit upon us and upon this offering of your Church,
that we who eat and drink at this holy table
may share the divine life of Christ our Lord.

Pour out your Spirit upon the whole earth and make it your new creation.
Gather your Church together from the ends of the earth into your kingdom,
where peace and justice are revealed, that we, with all your people,
of every language, race, and nation, may share the banquet you have promised;
through Christ, with Christ, and in Christ, all honour and glory are yours, creator of all.
Glory to you for ever and ever. Amen.

THE LORD'S PRAYER

As our Saviour taught us, let us pray,

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

**Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

THE BREAKING OF THE BREAD

“I am the bread which has come down from heaven,” says the Lord.

Give us this bread for ever.

“I am the vine, you are the branches.”

May we dwell in him, as he lives in us.

INVITATION TO HOLY COMMUNION

The gifts of God for the people of God

Thanks be to God

SPIRITUAL COMMUNION

With those who are unable to receive the Eucharist at this time, remember these words of Jesus from the gospel of John: “I am the bread of life. Whoever comes to me will never be hungry, whoever believes in me will never thirst”. In Union with the body of Christ in every time and place, we pray:

Come to my heart O Christ.

There is room in my heart for you. Amen.

LAMB OF GOD

The image shows two staves of musical notation in 4/4 time. The first staff contains the melody for the first line of the hymn: "Lamb of God, you take a-way the sins of the world, have mer - cy,". The second staff contains the melody for the second line: "have mer - cy on us. world, grant us, grant us peace." The notation includes a first ending bracket labeled "1, 2" over the final two measures of the first line, and a double bar line with the word "Final" above it at the start of the second line.

St. Helen's Directory

The Rev. Mark Munn, Priest & Rector (rev.mark.munn@gmail.com)

Dale Throness, Acting Music Director

Matt Powell, Rector's Warden

Irene Vavasour, People's Warden

Rozi Purdy, Associate Warden

Tony Hodgson, Treasurer

Monica O'Brien, Envelope Secretary

Cynthia Jutras, Parish Administrator

If you have any questions or concerns, please call or email the church office:

604 224 0212, sthelenswpg@gmail.com

Worship Ministries for Today

Celebrant: The Rev. Mark Munn

Preacher: The Rev. Jeffrey Preiss

Music: Dale Throness

Musicians

Dale Throness, Piano and Voice

Deeandra Miranda, soprano

Liz Hodgson, alto

Justin Cho, tenor

How to Contribute to St. Helen's Financially

If you'd like to contribute financially to our shared congregational life and mission here at St. Helen's, you can:



- Use one of the envelopes available at the back of the church by the offering plate for cheques or cash
- Scan the QR code at left to contribute via credit card or Apple Pay
- Visit our website (pointgreyanglican.com/pages/give) to contribute via credit card or PayPal
- Set up a Pre-Authorized Donation (PAD). To do this, please reach out to our Envelope Secretary, Monica O'Brien via our office (sthelenswpg@gmail.com).